

Conclusion

Poor health can often be attributed to a person's behavior and lifestyle. With this in mind, risk prevalence data collected by the Behavioral Risk Factor Surveillance System allows the South Dakota Department of Health to identify populations at risk for poor health in the future. Therefore, intervention efforts can be designed to meet the unique needs of those who are at risk. Furthermore, by following the changes that develop over time, the department will be able to monitor the progress of these efforts. An overview of the key behavior risk factors from 1992 to 2004 is summarized below in Table 106. Table 107, page 219, is a summary of the *Healthy People 2010 National Health Objectives* that can be compared with data from this survey. The arrows indicate if South Dakota is higher or lower than the objectives.

Table 106
Summary of South Dakota's Proportion of Adult Population at Risk, 1992-2004

	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992
General Health Status:													
Fair or Poor Health	12.6%	13.0%	12.9%	12.6%	12.1%	13.1%	11.7%	11.3%	11.5%	12.8%	12.8%	10.6%	NA
Physical Health Not Good for 30 Days of the Past 30	5.0%	5.4%	NA	4.8%	5.2%	NA	NA	NA	NA	NA	NA	NA	NA
Mental Health Not Good for 20-30 Days of the Past 30	5.6%	4.4%	NA	5.1%	4.6%	NA	NA	NA	NA	NA	NA	NA	NA
Usual Activities Unattainable for 10-30 Days of the Past 30	5.8%	5.7%	NA	5.2%	4.9%	NA	NA	NA	NA	NA	NA	NA	NA
Overweight and Obesity:													
Overweight or Obese (BMI = 25.0+)	61.8%	60.1%	60.6%	59.4%	58.8%	59.3%	51.5%	56.3%	53.4%	53.7%	53.0%	53.0%	NA
Obese (BMI = 30.0+)	23.8%	22.9%	21.2%	21.2%	19.8%	19.6%	15.8%	17.0%	14.7%	13.9%	14.4%	15.2%	NA
Physical Activity:													
No Leisure Time Physical Activity	19.0%	21.7%	23.8%	25.4%	26.7%	NA	33.3%	NA	34.8%	38.5%	30.7%	NA	29.7%
Tobacco Use:													
Current Cigarette Smoker	20.3%	22.7%	22.6%	22.3%	21.9%	22.5%	27.2%	24.3%	20.7%	21.8%	20.9%	21.1%	21.9%
Alcohol Use:													
Drank in Past 30 Days	58.3%	60.8%	59.9%	61.3%	NA	58.6%	NA	55.5%	NA	47.0%	NA	NA	NA
Binge Drinking	17.0%	19.0%	18.5%	18.5%	NA	17.4%	NA	20.9%	NA	14.5%	NA	13.5%	15.7%
Heavy Drinking	3.7%	4.5%	4.6%	3.9%	NA	3.0%	NA	3.2%	NA	2.0%	NA	1.7%	2.6%
Breast and Cervical Cancer Screening:													
No Mammogram Within Past Two Years (40+)	24.0%	22.9%	24.1%	23.7%	24.0%	27.9%	28.1%	31.0%	34.1%	37.0%	34.0%	35.3%	40.3%
No Clinical Breast Exam Within Past Two Years	17.6%	18.8%	17.4%	15.9%	17.5%	NA	NA	NA	NA	NA	NA	NA	NA
Insufficient Cervical Cancer Screening	12.7%	14.6%	13.7%	12.4%	11.5%	14.6%	13.7%	15.0%	15.9%	15.5%	14.2%	16.6%	15.7%
Prostate Cancer:													
No PSA Test Within Past Two Years (40+)	46.9%	NA	46.2%	51.2%	NA	NA	NA	NA	NA	NA	NA	NA	NA
No Digital Rectal Exam Within Past Two Years (40+)	45.5%	NA	44.5%	43.0%	NA	NA	NA	48.4%	NA	NA	NA	NA	NA
Prostate Cancer (40+)	4.0%	NA	4.5%	3.7%	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 106 (continued)
Summary of South Dakota's Proportion of Adult Population at Risk, 1992-2004

	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992
Colorectal Cancer Screening													
No Blood Stool Test Within Past Two Years (50+)	73.5%	NA	70.8%	69.0%	NA	74.8%	NA	78.3%	NA	NA	NA	NA	NA
Never Had Sigmoidoscopy or Colonoscopy (50+)	49.7%	NA	58.2%	54.9%	NA	54.5%	NA	62.4%	NA	57.3%	NA	63.0%	NA
Oral Health:													
No Dentist Visit in Past Year	27.9%	NA	27.6%	NA	NA	34.3%	NA	32.3%	28.4%	NA	NA	NA	NA
West Nile Virus:													
No West Nile Virus Precautions	31.0%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Health Insurance:													
No Health Insurance (18-64)	9.3%	10.4%	9.4%	10.0%	9.6%	NA	NA	NA	NA	NA	NA	NA	NA
No Health Insurance (0-17)	2.6%	3.6%	3.2%	3.8%	5.7%	NA	NA	NA	NA	NA	NA	NA	NA
No Health Insurance (0-64)	7.2%	8.3%	7.5%	8.1%	8.4%	NA	NA	NA	NA	NA	NA	NA	NA
Immunization:													
No Flu Shot (65+)	23.1%	22.1%	25.8%	25.9%	29.1%	26.4%	NA	34.4%	NA	39.9%	34.0%	52.3%	NA
No Pneumonia Shot (65+)	33.8%	36.3%	43.3%	40.8%	46.6%	49.6%	NA	59.4%	NA	68.5%	67.6%	73.0%	NA
Diabetes:													
Diabetes	6.6%	7.1%	6.3%	6.1%	5.7%	4.9%	3.1%	3.8%	4.3%	2.9%	4.3%	3.6%	4.9%
Asthma:													
Current Asthma	6.7%	7.3%	5.9%	5.3%	5.6%	NA	NA	NA	NA	NA	NA	NA	NA
Cardiovascular Disease:													
Previously Had a Heart Attack	4.6%	NA	4.2%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Angina or Coronary Heart Disease	5.3%	NA	3.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Previously Had a Stroke	2.3%	NA	2.0%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Disability:													
Physical, Mental, or Emotional Disability	17.2%	18.8%	NA	16.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Disability with Special Equipment Needed	5.4%	5.7%	NA	5.6%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Television Viewing:													
Four or More Hours of TV Watched Per Day	20.6%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	Na
Environmental Factors:													
Sick From Poor Indoor Air Quality in Past Year	17.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Sick From Outdoor Air Pollution in Past Year	6.1%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Firearms:													
Firearm in Household	59.9%	NA	60.4%	56.6%	NA	NA	NA	NA	51.3%	NA	NA	NA	NA
Loaded and Unlocked Firearm in Household	4.3%	NA	4.1%	2.2%	NA	NA	NA	NA	3.2%	NA	NA	NA	NA
Family Planning:													
Not Currently Using Birth Control (Females 18-44, Males 18-59)	15.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 106 (continued)
Summary of South Dakota's Proportion of Adult Population at Risk, 1992-2004

	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992
HIV/AIDS:													
Never Been Tested for HIV (18-64)	71.4%	70.8%	71.1%	68.6%	65.6%	68.6%	72.5%	63.6%	73.8%	74.9%	73.2%	83.3%	NA
Sun Exposure:													
Sunburn in Past Year	42.9%	44.3%	NA	NA	NA	43.0%	NA	NA	NA	NA	NA	NA	NA

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1992-2004

Table 107
Summary of Healthy People 2010 National Health Objectives

<u>Objective</u>	<u>South Dakota</u> 2004	<u>Healthy People</u> <u>Targets</u> 2010
Reduce the proportion of adults aged 20 years and older who are obese	23.8% ↑	15.0%
Reduce the proportion of adults who engage in no leisure time physical activity	19.0% ↓	20.0%
Reduce the proportion of adults engaging in binge drinking	17.0% ↑	6.0%
Decrease the proportion of women aged 40 years and older who have not received a mammogram within the preceding 2 years	24.0% ↓	30.0%
Decrease the proportion of women aged 18 years and older who have not received a Pap test in the preceding 3 years	12.7% ↑	10.0%
Decrease the proportion of adults age 50 and older who have never received a sigmoidoscopy	49.7% ↓	50.0%
Decrease the proportion of persons not insured	9.3% ↑	0.0%
Decrease the proportion of adults age 65 years and older who are not vaccinated annually against influenza	23.1% ↑	10.0%
Decrease the proportion of adults age 65 years and older who have never been vaccinated against pneumococcal disease	33.8% ↑	10.0%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2004

